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Local teachers ready to join contract protest

Thames Valley district. 'Strike actions' expected to start soon



ANGELA MULLINS
angela.mullins@metronews.ca

London secondary school teachers plan to start work-to-rule action next week, joining a protest that started Monday at 20 school boards across the province.

The Thames Valley arm of the Ontario Secondary School Teachers' Federation isn't in a legal strike position until Nov. 19, District 11 president Colleen Canon said in an email to Metro.

"Sanctions are set to begin on that date," she wrote.

Teachers in other parts of the province have been in strike position under the Labour Act since last week, but had postponed action because of renewed efforts to resolve a dispute with the

province. The talks collapsed during the weekend, according to the teachers' federation.

Work-to-rule actions — seen as a stand against contracts legislated by the province in September — include bowing out of staff meetings and not communicating with parents outside school hours, according to a bargaining bulletin on the union's website.

Teachers also may opt out of submitting attendance numbers and helping with administrative tasks during homeroom, the bulletin says.

Union members say the legislated contracts, which impose a wage freeze on most teachers and ban strikes or lockouts for two years, violates their collective bargaining rights. The teachers' federation and three other unions are taking the government to court over the issue.

Education Minister Laurel Broten called the protests very disappointing, saying they put students and fam-

By the numbers

60,000

Number of people represented by the Ontario Secondary School Teachers' Federation.

ilies in the middle of the dispute.

Broten said the government will monitor the situation very closely over the next few days, and cabinet can quickly order an end to any specific job actions if necessary.

"Our members will continue to focus on delivering curriculum and high-quality support services to the students in their classrooms, something that they have always taken great pride in," teachers' federation president Ken Coran said in a statement. "It has never been our intent to impact the students' learning experience."

WITH FILES FROM THE CANADIAN PRESS

TIME TO RAISE THE FLAKES

Jim Felfer, owner of Grafica Event Planners in London, puts some of the finishing touches on Christmas decorations at Citi Plaza, Monday morning. Felfer was attaching blue and white snowflakes to a rig that rises into a mall atrium, allowing the decorations to dance around the holiday centrepiece — a Christmas tree. ANGELA MULLINS/METRO

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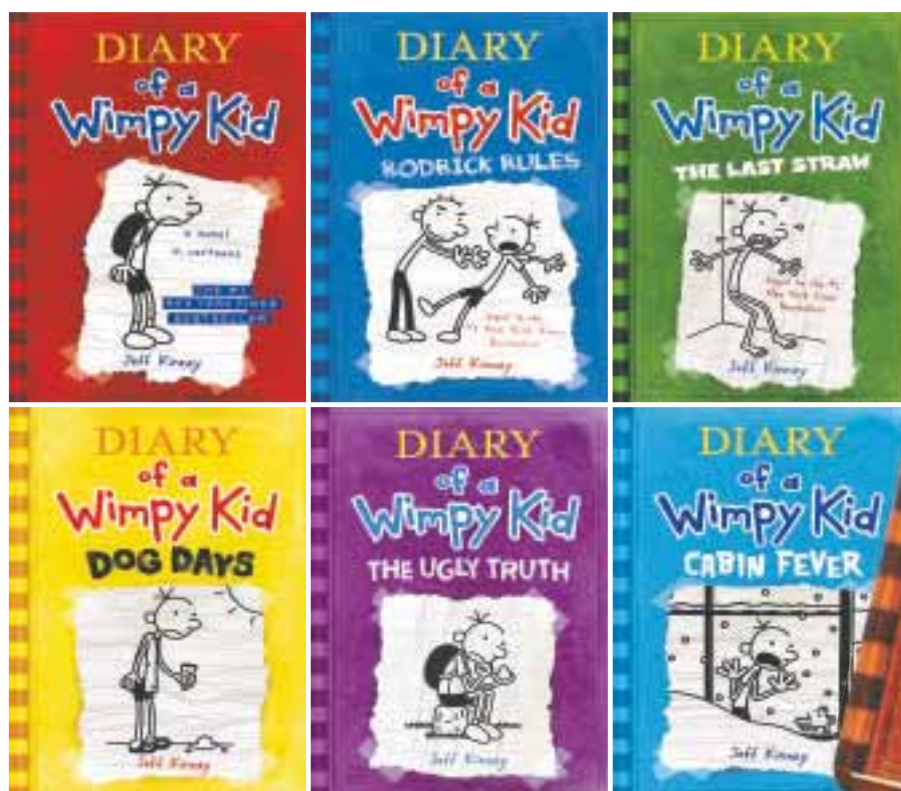
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'There are a lot more noses out there that know what's going on'

Waste plant. Leader declares Orgaworld campaign a victory as idea of city odour bylaw is floated

A leader in the effort to curb a perceived stench at south London's Orgaworld is declaring victory — new city odour bylaw or not.

John Pieterston says a call to action launched this summer has put the organic-waste processing facility under a microscope.

"Basically, (Orgaworld has) held us under siege for five years and counting," said Pieterston, who lives about a kilometre from the 4675 Wellington Rd. S. plant. "I think we've turned it around on them a little bit."

"There are a lot more noses out there that know what's going on now."

Council's planning committee will hear a staff report Tuesday outlining ways the city can garner control in the fight against what nearby residents call Orgaworld's stink.

The most effective would be drafting a bylaw dubbing "odour" a nuisance or imposing odour-related licensing restrictions on waste-processing and recycling facilities, officials say.

By the numbers

450+

The number of Orgaworld odour complaints the Ministry of Environment has recorded this year.

Both actions come with challenges and would step into an area governed by the Ministry of Environment, says Orest Katolyk, manager of bylaw enforcement.

The equipment needed for enforcement of an odour bylaw could cost upward of six figures, and, he notes, it's questionable if readings taken from the equipment would stand up in court.

No other municipality in the province has such a bylaw or licensing rules for composting facilities, Katolyk says.

Administrators will make no recommendations during the 6 p.m. meeting in council chambers. It will be up to planning committee members, and later city council, to decide if action should be taken.

Pieterston, 58, understands why the city may opt to maintain the status quo.

"It's a really difficult thing to tackle," he said about an odour bylaw. "I think (city officials) feel for us, and they realize there's an issue here."

ANGELA MULLINS/METRO



The Orgaworld organic-waste processing facility at 4675 Wellington Rd. S. is pictured Monday afternoon. A group of nearby residents launched a campaign in August aimed at drawing attention to what they call a stench coming from the plant. ANGELA MULLINS/METRO

Kennedy eyes fresh start as he joins Liberal race



Ontario Liberal leadership hopeful Gerard Kennedy talks to supporters and media during Monday's campaign launch at London's Williams Coffee Pub (578 Richmond St.). ANGELA MULLINS/METRO

Saying he has no ties to the scandals that have rocked Ontario's Liberal government, former MP and one-time education minister Gerard Kennedy launched another bid Monday to become party leader and premier.

The eHealth scandal, a probe into the Ornge air-ambulance service and decisions to cancel two gas-fired power plants at a cost of hundreds of millions of dollars all happened after Kennedy left Ontario politics for the federal scene.

"I hope the fact that I'm not associated with any of the issues that have been flash

The other contenders

- Charles Sousa
- Glen Murray
- Kathleen Wynne
- Sandra Pupatello
- Eric Hoskins is expected to launch his campaign at a news conference Tuesday.

points will allow us to deal with those issues, in the sense they'll be reckoned with and any prob-

lems arising will be dealt with," Kennedy said in an interview.

"So yes, I think there is a fresh start that I'll be able to bring to the table, and that includes our taking responsibility for problems, fixing what needs to be fixed."

Kennedy, who lost to Dalton McGuinty in the 1996 Ontario Liberal leadership race and lost the federal Liberal leadership to Stéphane Dion 10 years later, moved to distance himself from legislation that imposed a two-year wage freeze on most teachers, and suggested he would repeal the bill.

THE CANADIAN PRESS

Pharmacy

Man sought after cash robbery

London police are seeking the public's help in locating a suspect after a Remembrance Day cash robbery at the Rexall Pharmacy, at 611 Wonderland Rd. N. The man is described as white, in his 50s and about six feet tall. He has a thin build and grey hair and was wearing a black-and-red jacket. METRO

Highbury Avenue

Car crashes twice, injuring 3: Police

A driver was involved in two accidents Monday afternoon, shutting down one intersection and sending three people to hospital, police say.

At about 12:25 p.m., police were called to a two-vehicle collision at the intersection of Highbury Avenue and Oxford Street. They say one of the vehicles involved, a Porsche,

continued south on Highbury where it was involved in a second collision at Dundas Street with three vehicles.

The female driver of the Porsche had to be extricated from her vehicle, according to police. She was taken to hospital with what were believed to be serious injuries, and one other woman and one man were also taken to hospital.

Dundas and Highbury was closed for several hours. AM980/AM980.CA

St. Thomas

Intoxicated girl found with adults

Children's Aid has been contacted after police in St. Thomas found an extremely intoxicated 13-year-old girl in a west-end apartment. Police say they received a call on Saturday asking for assistance, after the mother had located her daughter "in the company of several adults." AM980/AM980.CA

Winners

Pillar awards to be handed out

The 12 finalists for the Pillar Community Innovation Awards will be feted Tuesday night at the London Convention centre. The awards recognize the efforts of non-profits and charities and those who work with them. For more information and to order tickets, go to pillar nonprofit.ca. METRO

1 NEWS

London Matters: City services solid

Part 2 of a five-part series. Londoners happy overall with what their tax dollars are getting from city hall



ANGELA MULLINS

angela.mullins@metronews.ca

"At your service."

That's the mission statement of the city's 2011-14 strategic plan, and many Londoners think officials are fulfilling the vision.

Nearly three-quarters of people rate their satisfaction with city services as above average, and about half consider them a good bang for their tax dollar, says an MQO Research survey for Metro.

Asked to rank their overall satisfaction, 503 people questioned gave the city an average score of 6.5 on a 10-point scale, with 10 being the highest. Thirty-two per cent rated services a seven, while another 21 per cent came in at eight.

Scores for most individual service areas — such as snow clearing and support for arts and culture — were generally well above mediocre, with some tipping the scale at

an average 7 out of 10. Road maintenance was at the bottom, with an average 5.7 out of 10.

City officials say the opinions are comparable to results of a study comparing services in 16 Ontario municipalities. London ranked at or above the level of peer cities for 75 per cent of service areas.

The new survey shows people are "generally satisfied," but there's room for improvement, officials say.

Some of those tweaks could come through a proposed Service London initiative being bounced around city hall. The multimillion-dollar program would have several arms ranging from a new 311 number for accessing city services to website improvements.

The city "provides almost 100 unique services that Londoners rely on every day," city manager Art Zuidema said. "Making sure that these services are delivered in an efficient and effective manner is a top priority for us."



A new Service London initiative under consideration by city council would see improvements to the London.ca website. ANGELA MULLINS/METRO



The Elmo W. Curtis and Rayner Gardens — commonly known as the rose gardens — is one of dozens of natural areas that give the Forest City its nickname. MARK SPOWART/FOR METRO

For Londoners, it's easy being green

London is not known as the Forest City by chance.

With 16 areas set aside for environmental preservation and plenty of parks, the city abounds in natural areas, something Londoners say they like.

The plethora of spaces for strolling and quietly unwinding prompted 51 per cent of people to give their satisfaction with "green spaces" an eight, nine or 10 in a recent survey.

"Really, the credit has to go back to more than 80 years ago when these areas started being protected," said Steve Sauder, marketing specialists with the

Upper Thames River Conservation Authority, which manages seven of London's environmentally significant areas.

While the quantity of natural areas and parks is worthy of note, the quality of the "ecological gems" also deserves mention, Sauder said.

Spend an afternoon at Sifton Bog, in Warbler Woods or even at the Forks of the Thames and it's easy to forget that urban life is steps away.

"You don't see skyscrapers over top of the trees," Sauder said. "They're very esthetically wonderful environments."

ANGELA MULLINS/METRO

Serving and protecting

London cops are tops

Of the hundreds of city services, which department is performing the best? Police, Londoners say.

Fifty-eight per cent of people ranked police on the top third of a scale gauging satisfaction with city services. Only eight per cent gave the police service a "below-average" rating. Thirty-three per cent rated the service an eight out of 10.

The high standing comes from the hard work and community involvement of every uniformed and civilian em-



Chief Brad Duncan
METRO

ployee in the department, said Michael Deeb, chair of the police services board.

"Chief (Brad) Duncan has gone to hundreds and hundreds of community events, on top of his role and responsibilities in policing. I think that has an impact," Deeb said.

"I think it is definitely a testament to the type of work that all the men and women on the service are doing," he said of the survey results.

ANGELA MULLINS/METRO

503

The number of Londoners who responded to the survey, conducted by MQO Research from Oct. 15 to 23 (212 men, 291 women). The margin of error is plus or minus four percentage points.

Snow difference

How effective is the city in clearing snow from London roads? It depends on who you ask:

37% of men surveyed gave the city a rating of eight out of 10 or higher.

29% of women gave the city at least an eight.

Overall satisfaction

Using a scale of one to 10, with one meaning very poor and 10 meaning excellent, please rate your overall satisfaction with the services provided by your city.

7 According to 32% of respondents, the most popular rating.

8 An eight rating was next, at 21%.

Rough road

5% The number of Londoners who gave the city a very poor rating for road maintenance. The percentage was the same for men and women.

Top marks

7.3 The mean rating out of 10 that London Matters respondents gave to their overall satisfaction with the city's police service and green spaces.

Coming on Wednesday

London Matters turns the spotlight on city council.

- How do Londoners feel about Mayor Joe Fontana and our other elected representatives? And how important is maintaining the zero per cent property-tax increase? Read more in tomorrow's Metro.
- You can also follow the series at metronews.ca.

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Puppeteer accused of underage relations

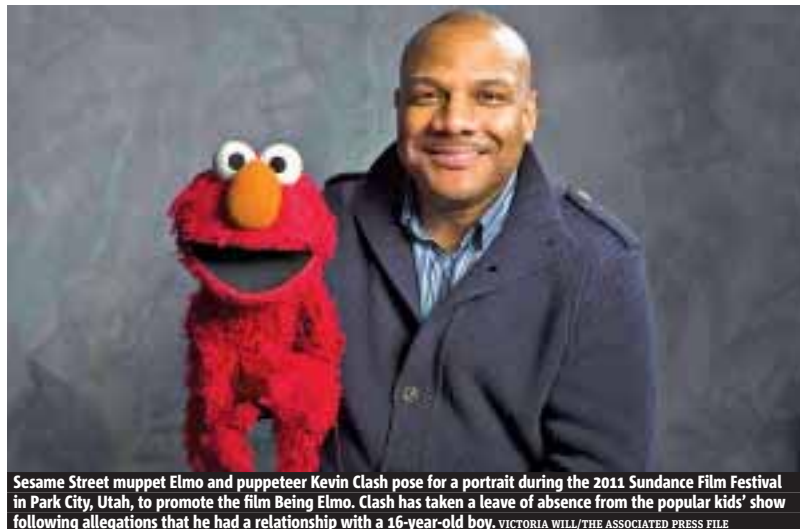
Elmo. Allegations are unsubstantiated, but Kevin Clash is taking a leave of absence from Sesame Street

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival in Park City, Utah, to promote the film Being Elmo. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined

for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It

was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

"It has become necessary to analyze in depth the implications for public policy and health in our nations emerging from the state and local moves to allow the legal production, consumption and distribution of marijuana in some countries of our continent," Mexican President Felipe Calderon said after a meeting with Honduran President Porfirio Lobo, Costa Rican President Laura Chinchilla and Prime Minister Dean Barrow of Belize.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect to

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the passage of cocaine from South America.

- Costa Rica is seeing increasing use of its territory by drug traffickers.
- Guatemala's president has advocated the international legalization of drugs.

the current international system," Calderon said.

The most influential adviser to Mexico's next president, who takes office Dec. 1, questioned last week how the country will enforce a ban on growing and smuggling a drug now legal under some state laws. Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels.

THE ASSOCIATED PRESS

Cause of U.S. blast that killed two still unknown

An enormous blast in the U.S. that killed two people, obliterated two homes and made dozens more uninhabitable came with no hint of warning, and the homeowner on Monday wondered whether a faulty furnace was to blame.

Fire officials expressed amazement that only two people died late Saturday in the Indianapolis explosion, which rocked several houses from their foundations.

Hundreds of residents were evacuated. A fire burned for hours, engulfing dozens of homes.

The owner of the house that exploded, John Shirley, told The Associated Press that

he received a text message last week from his daughter about a problem with the furnace at the house the girl shares with her mother and her mother's boyfriend.

He said that when he asked if the furnace had been fixed, his daughter said yes, and he wasn't aware of any additional problems until he heard from his daughter again Sunday morning.

"I get a text from my daughter saying, 'Dad, our home is gone.' Then I called my ex-wife and she said what happened," he said.

Shirley said no one was home at the time of the explosion. His ex-wife, Monserrate

Shirley, declined to comment.

Investigators said they have not determined a cause for the blast. Public safety director Troy Riggs said the search for answers could take some time and investigators will treat the area as a crime scene until they rule out foul play.

Utility workers have been inspecting gas mains in the neighbourhood but so far have detected no leaks, a spokesman said.

Deputy code enforcement director Adam Collins said 80 homes were damaged, including 31 that might need to be demolished. He estimated the damage at \$3.6 million.

THE ASSOCIATED PRESS

Vigil

The blast flattened the house John Shirley co-owns with his ex-wife and one next door that belongs to Jennifer Longworth and her husband, John.

- The coroner's office had not yet identified the two people killed in the blast, but a candlelight vigil was held Sunday at the school where Jennifer Longworth teaches.



Emergency workers at the site of a home that was destroyed by an explosion late Saturday in Indianapolis. Nearly three dozen homes were damaged, and seven people were taken to hospital. DARRON CUMMINGS/THE ASSOCIATED PRESS

Unpaid bonds

Argentina to appeal release of ship in Ghana

Argentina will ask the International Sea Tribunal to order the release of a seized navy sailing ship in Ghana, the South American government said on Monday.

The ARA Libertad training ship was seized on Oct. 2 in the port of Tema as collateral for unpaid bonds dating from Argentina's economic crisis a decade ago. Foreign Minister Hector Timer-



The ARA Libertad in Tema, Ghana. THE ASSOCIATED PRESS FILE

man said if Ghana does not free the vessel by Tuesday, Argentina will appeal before the tribunal in Hamburg, Germany. THE ASSOCIATED PRESS

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this

month because he worked as a guard at Northern Ireland's top-security Maghaberry prison.

About 40 members of IRA factions are imprisoned there. The inmates have protested for more than a year against a policy of strip-searching them in search of weapons, drugs and cellphones. They have previously threatened to kill off-duty guards.

Black, 52, was shot as he drove to work on Nov. 1. He had worked as a guard for three decades and expected to retire soon.

THE ASSOCIATED PRESS

Human Rights Council

U.S. re-elected in tough contest for UN council seat

The United States was re-elected Monday to another three-year term on the UN Human Rights Council in the only contested election for the organization's top human rights body.

The U.S. was competing with four countries for three seats belonging to the Western Group. Germany and Ireland were also elected. THE ASSOCIATED PRESS

Travelling exhibit

Jewelry from Titanic wreckage to begin tour

Most of the jewelry recovered from the wreckage of the Titanic will begin a three-city tour, its first public display since being salvaged from the ocean depths.

After a two-month exhibit at the Atlantic Station gallery in Atlanta, the jewels travel to Orlando, Fla., and Las Vegas.

THE ASSOCIATED PRESS

Trudeau's team looks to U.S. Dems for advice



Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Justin Trudeau's campaign seeks out Obama's staff for lessons in winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's

victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

Criticism. Comedian Stephen Colbert calls Windsor 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, entitled *America Again: Re-becoming the Greatness We Never Weren't*, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

A footnote on the latter sentence suggests "Windsor, Canada" as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor. A 2007 seg-



Stephen Colbert GETTY IMAGES

ment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment. THE CANADIAN PRESS

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'oh my God, no one else has ever been through this before,'" said Robinson, a spe-

cial constable with the Kativik Regional Police in northern Quebec.

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.



Denise Robinson METRO IN OTTAWA

Without work and a paycheck, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and

fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace.

JOE LOFARO/METRO IN OTTAWA



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Oman. Tim Hortons opens 20th Gulf states restaurant

Oman has its first Tim Hortons restaurant as the iconic Canadian chain expands operations in the Persian Gulf states.

The Oman restaurant is the 20th Tim Hortons to open in the region since the chain signed a master licence agreement with the Apparel Group last year. The agreement calls for up to 120 multi-format stores to be opened in the United Arab Emirates, Qatar, Bahrain, Kuwait and Oman over a five-year period.

"We're thrilled that the Apparel Group has reached the milestone of 20 restaurants in the GCC (Gulf Co-operation Council), since opening the first location in Dubai in September

By the numbers

4,100

Tim Hortons has more than 4,100 restaurants, including more than 3,300 in Canada.

of 2011," said David Roy, Tim Hortons' managing director of international operations.

Using a targeted approach to explore international opportunities is part of the company's strategic plan. "The company will continue to focus on expansion in existing GCC markets, focusing next on Qatar," it said. **THE CANADIAN PRESS**



Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. **PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES**

Retailing. Leon's plans 'ambitious expansion'

Leon's Furniture Ltd. says its acquisition of rival The Brick Ltd. could be just the first of several as the Canadian retailer aims to expand its business, eventually entering the U.S. market.

Calling it "the most ambitious expansion plan in our 103-year history," Leon's president and CEO Terry Leon said during a press conference Monday the acquisition of its larger rival is proof not all Canadian retailers are risk averse. Leon's announced late Sunday it would buy The Brick for \$5.40 a share.

TORSTAR NEWS SERVICE



Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday. **CHRIS YOUNG/THE CANADIAN PRESS**

Market Minute



DOLLAR
100.04¢
(+0.17¢)



TSX
12,191.46 (-5.34)



OIL
\$85.57 US (-50¢)



GOLD
\$1,730.90 US

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

Natural gas: \$3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

BB10 devices

RIM to unveil new BlackBerrys Jan. 30

Research In Motion made another step towards the release of its new BlackBerry smartphones Monday, saying it plans to unveil the devices and its new operating system on Jan. 30. It did not say when customers will be able to buy the devices. **THE CANADIAN PRESS**

Road safety

Do you speak vroom vroom?

Toyota Motor Corp. is testing car safety systems that allow vehicles to communicate with each other and with the roads they are on in a just-completed facility in Japan. The system uses sensors and transmitters installed on streets to reduce accidents. **THE ASSOCIATED PRESS**

Fantasy football

Yahoo apologizes for site outage

Yahoo Sports emailed fantasy football players early Monday to apologize for problems with its site and mobile apps. An outage left thousands complaining of last-minute lineup problems and possible lost money on NFL games Sunday. **THE ASSOCIATED PRESS**



“ The Community Centre was the dream of Innisfil. ”

Since 1975, OLG has contributed over
\$36 BILLION
to the province of Ontario.

Using funding they received from their local OLG Gaming Centre, the town of Innisfil was able to build a state-of-the-art facility that has helped enrich their community. It has brought the entire community closer together. Last year alone, OLG Gaming Centres gave back over \$110 million to their communities. This is just part of the over \$36 billion OLG has contributed to Ontario since 1975.

Real stories like this are happening all over the province all the time.

To see more stories visit modernolg.ca.



I'LL CRY IF I WANT TO



SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre, I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

"I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering."

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting

strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbery mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on
Twitter @MetroSheSays



It's a snake on a plain



FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. **METRO**

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. **METRO**

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud so we were lucky to get the photos in the end," says Banfi.

METRO

Anaconda's size

8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, to pigs, caiman crocodiles and even jaguars.

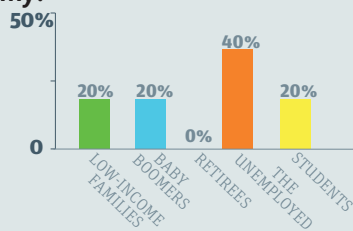


Bad hair day got you feeling frazzled? Don't worry — cry about it. iSTOCK



Register at metropolitanpanel.ca and take the quick poll

Who is hit the worst in this post-recession economy?



Twitter

@imswags:

Mondays are like an ex you don't want to see but always run into.

tingintheXmasspirit

@jessjeffrey23:

Mondays suck as it is ... When it rains on a Monday I seriously don't know what to do with myself

@LDNPoetrySlam:

Never been to a poetry slam? Come check out what we're all about. Fri 16th, 8 pm, London Music Club, only \$5 #ldnont Please share!

@S_Chumly:

@thegrandlondon cast for Miracle on 34th Street is singing It's Beginning to Look a Lot Like Xmas. Sounds beautiful. #get-

@ZackDodge:

I have been informed that there is a delicious Fry Sale in A building for the next 3 days! #fansh-aw mmmmmmm fries...



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Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled *Bruce*, does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this

book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of *Bruce* is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of *Born to Run*, has also recently released a new book on

the Boss.

The book, *Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979* is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after *Born to Run* made him a star. The shots almost look like demo versions of the cover of *Darkness*

on the *Edge of Town*, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

Heidi Klum talks red carpet wardrobe

MTV EMAs. Award host: 'I'm not a very conservative person'

ROMINA MCGUINNIS
Metro World News in London

What made you choose Versace for your wardrobe at the MTV EMAs?

A music awards show is very different from, say, the Oscars. MTV is hip, young and fun. The Versace dresses

I wore wasn't glamorous gowns. They're short, hot and cool. Very rock 'n' roll. When I saw what Donatella sent, I thought, "This is it!" Some of the pieces had to be made especially for me because the ones straight off the runway don't always fit me. I'm not that thin.

Dressing up for an awards show seems to come with so much pressure! What are a few rules that you normally stick by in order to avoid bad photo-ops and worst-dressed lists?

I'm not a very conservative person. I like to stay true to myself and stick to my instinct. When I fall in love with an outfit, I just go for it. I don't care what people are going to say.

When you look back on your awards show red carpet looks, are there any that you wish you could banish from the Internet forever?

No, even though people have put me on the worst-dressed list a few times. I always think, "I liked the

way I looked that day." Sometimes people go back 10 years and they're like, "Ha ha! Look what you were wearing!" Fashion changes. Maybe that hairdo and that kind of dress were really cool 10 years ago, but not today. I'm in fashion. I wear what's current, fun and trendy.

What's your favourite red carpet moment of all time? I've worn so many great dresses, so it's hard to pin it down to one. I've had Roberto Cavalli cut

me out leather pants into super tiny shorts, or there was this crazy lime green dress I wore with turquoise thigh-high boots. I've also gone to the Oscars with a beautiful red Galliano dress and a gigantic bun over my head.

What's the worst thing that could happen to you on live TV?

If my dress were to split open and I'd be standing there ... buck naked. On live TV. That would be pretty embarrassing.



Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop

over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

The babies still love you Biebs



Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second.

The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

Alicia Keys

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to



think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

Lana Del Rey

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, Hasselhoff and Jepsen



"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

LaBeouf libates with the little people



Shia LaBeouf

Shia LaBeouf can't enjoy a drink in peace, apparently. The Transformers star hit up a dingy South London pub recently, surprising the regulars, and the evening wasn't without incident. "No one could believe that a well-known Hollywood star had docked up at a bar in [this neighbourhood]," a visitor to the Hobgoblin in New Cross tells the Sun. "Everyone was getting their photos taken with him." Things took a bad turn, though, when a student stole LaBeouf's baseball cap. "I think he was just joking, but Shia didn't like it," the source says. "He tried to get it back and they ended up tussling. It was handbags, really. But it shows that even Hollywood stars can't avoid grief down this way."

Greene hopes gossip won't get in film's way

Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a



Ashley Greene

lot of people see us as our characters. I really want them to still be able to do that."

Twitter



@MalinAkerman

On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!



@JohnCleese

In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.



@MissKellyO

At a photo shoot for a campaign to save African Elephants & the elephant farted on my boy-friends head funniest thing I have ever witnessed!



@CraigyFerg

Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.

Tickle me surprised

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online.

"We met with Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online.

"Although this was a personal relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined."

No date has been given for Clash's return to the show.

The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."



Elmo and his handler Kevin Clash

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Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA
MCGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?

I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some

man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?

I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?

Never ... Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?

I think so ... She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

Who would you rather date? Kristen Stewart or Bella Swan?

I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know

the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—

If? What are you talking about?

What would you dream of being able to do?

Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?

I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.

I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?

I'm focusing on action movies. I love fighting and shooting guns.

Why?

I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?

Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving — it's one of the scariest things I've ever done — it's life or death down there.

Nutrition. The vampire diet, mentality according to the vampire trainer

His character in The Twilight Saga may only stomach blood, but in real life, Kellan Lutz likes to keep his diet a little more varied, says his trainer.

"Kellan would load up on egg whites in the morning and have supplement shakes during the day, but his regular meal plan wasn't as balanced as I wanted it to be," said Rich McDonald.

"He upped his protein intake to maintain the muscle mass he was trying to create, but I also made sure he was getting enough vitamins and minerals by making him



Rich McDonald, trainer to Kellan Lutz of the Twilight movies. HANDOUT

eat more vegetables. This is something a lot of guys who want to build muscle and get

lean tend to neglect. He'd have six to eight small meals a day to keep his metabolism running as high and as fast as possible."

But eating right is only half the battle. If you want to get that cut look, you have to have the right attitude and right approach.

"It's about waking up and getting your mind in the right place and being happy because then you'll only need to go to the gym for 30 minutes, do a routine that you enjoy and keep your heart rate up," McDonald said.

METRO WORLD NEWS

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This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F.

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 1/2 tsp crushed fresh garlic
- Four 4-oz tilapia fillets
- 3 tbsp chopped fresh dill or basil
- lemon wedges

Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture overtop, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health solutions

Save on produce



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

• Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)

• Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow

cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.

• Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.

• Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!

• You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

THERESA ALBERT
IS AN AUTHOR AND ON
CALL, PRIVATE NUTRI-
TIONIST IN TORONTO.
SHE IS @THERESAAL-
BERT ON TWITTER
AND FOUND DAILY AT
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Spinach & Artichoke Dip with Catfish. A tempting autumn appetizer



1. Heat oven to 180 C (350 F).

2. In a saucepan over medium heat, melt butter and add catfish cubes. Cook, stirring, for about 5 minutes or until fish flakes easily when tested with a fork. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. In a large bowl, combine with two-thirds of the Parmesan and all remaining ingredients. Transfer to a glass baking dish and sprinkle with remaining cheese.

4. Bake for 20 to 25 minutes or until hot in the middle and golden brown. Serve warm with your favourite crackers,

bread or veggies.
**THE CANADIAN PRESS/U.S. FARM-
RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets (each 180 to 250 g/6 to 8 oz), cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (398 ml/14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce, or to taste
- Salt and pepper, to taste

There's a new green side dish in town with a peppery hit

Of all the many green vegetables available to us, we tend to be profoundly lacking in inspiration when it comes to selecting one for those big family dinners.

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much higher temperature than most



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 min-

utes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, mak-

ing certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS

MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at “money resolutions” and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and

community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle



on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth \$4,000, Trina Brooks from London, Ont., took home \$3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth \$1,000.

of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

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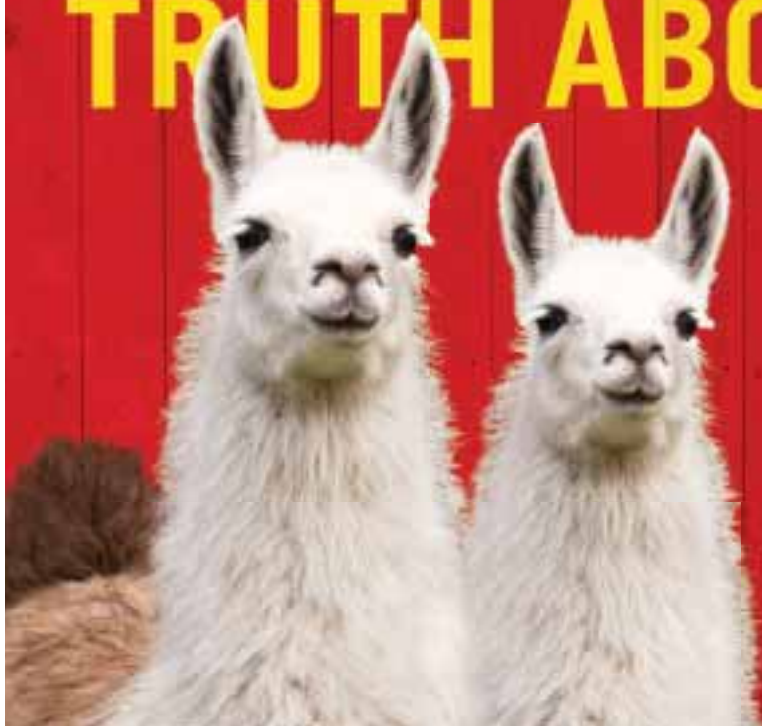
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JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and

GRAND PRIZE WINNER (\$4,000)

followed it with unbridled discipline.

She finally took me out one day but it just wasn't the

same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.





The Dirty Dancing soundtrack worked for them. LIONSGATE

Cheesy songs = amazing sex

Setting the mood.
Music psychologist reveals why great love songs get us all hot and bothered

ROMINA
MCGUINNESS
life@metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bed-

room. The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the music they listened to during sex was more arousing than the touch or feel of their partner.

Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex. This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain—

Quoted

"Music activates emotional pleasure centres in the brain."

Music psychologist Dr. Daniel Müllensiefen.

the same areas that are activated when we have sex or take drugs.

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film.

"So just put the CD in and let it play," he adds. "The passionate emotions we feel when we see the love scenes in a film get encoded together with the music, almost like a conditioned experience."

Kids' friends still scoffing

Frustrated by lingering Halloween treats

Dear Charles the Butler; My children's friends are still eating Halloween candy and it's driving me crazy. My kids weren't allowed to keep all of their candy, but their friends bring treats into the house. I don't want my kids eating too much sugar. Is there an etiquette for this? -Stressed mom



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Stressed Mom;
Wow this is tough, because

you are trying to deal with discipline within your own home, yet have kids from the outside who have different parents and rules in their homes. However, in the end, the solution is simple. It's your home, so it's your rules. Ask the

kids not to eat their candy in your house and provide them with something else as a healthy alternative for the kids to share. Remember, don't embarrass or say bad things to these kids about candy or sugar, that's not your place.



If you don't want outside candy in your home, say so. ISTOCK

The hot 'n' heavy playlists

Tracks for the Gym (128-140bpm)

- **Rihanna.** Umbrella
- **Push It.** Salt n Peppa
- **Kylie Minogue.** Red Blooded Woman
- **Britney Spears.** Womanizer
- **PSY.** Gangnam Style
- **Kanye West & Jay-Z.** H.A.M.
- **Mariah Carey.** We Belong Together
- **Madonna.** Turn Up The Radio
- **Missy Elliot.** Work it

Tracks to get in the mood

- **Marvin Gaye.** Sexual Healing
- **Marvin Gaye.** Let's Get It On
- **Barry White.** Anything
- **Serge Gainsbourg.** Je T'aime
- **Kings of Leon.** Sex on Fire
- **Hot Chocolate.** You Sexy Thing
- **Ravel.** Bolero
- **Boyz To Men.** I'll Make Love To You
- **Chris De Burgh.** Lady in Red
- **R Kelly.** Bump & Grind

Tracks to play during sex

- **Dirty Dancing.** Anything from the soundtrack
- **Marvin Gaye.** Sexual Healing
- **Ravel.** Bolero
- **Berlin.** Take My Breath Away
- **Barry White.** Anything from his collection
- **Marvin Gaye.** Let's Get It On
- **Righteous Brothers.** Unchained Melody
- **Celine Dion.** Titanic Soundtrack / My Heart Will Go On



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FOCUSING ON FINALS



FORMULATE A PLAN AND SET OUT CALENDAR OF EVENTS WHEN PREPARING FOR EXAMS

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it," she says.

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you

want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed. "Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

He uses the winter break to assess his performance. "It's good to shake the bad habits you may have picked up in the first half and refocus and re-energize for the second half of the year," he says.

— Jon Tattrie

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Fanshawe’s In-a-Day workshops function much like mini conferences. Intended primarily for those in the business community, these one- or two-day workshops allow you to upgrade your skills without making a significant investment of time or money. Subjects are varied, including accounting, human resources, software

applications, health care, communications, and project management.

Enrolment in these workshops is open to anyone. Starting in January 2013, In-a-Day workshops will be held at the London Chamber of Commerce.

Corporate training is a service Fanshawe provides to community employers. It refers to customized training programs Fanshawe designs for the employer’s workforce — whether that workforce is two employees or 100-plus.

Easy and affordable, these programs include a consultative analysis of the employer’s training requirements, and can be delivered on campus or at the employer’s location.

Fanshawe also provides training in partnership with professional associations, including: The Certified General Accountants of Ontario (CGA Ontario); the Insurance Brokers Association of Ontario (IBAO); the Canadian Payroll Association (CPA); and many more. Designed for association members, these part-time certificate programs offer valuable professional development opportunities.

To learn more about Fanshawe College’s range of community-focused courses and programs, visit the continuing education website, fanshawec.ca/continuing_education.

For further information, call Sherrie Fennell, business program consultant, at 519-452-4430, ext. 4097.



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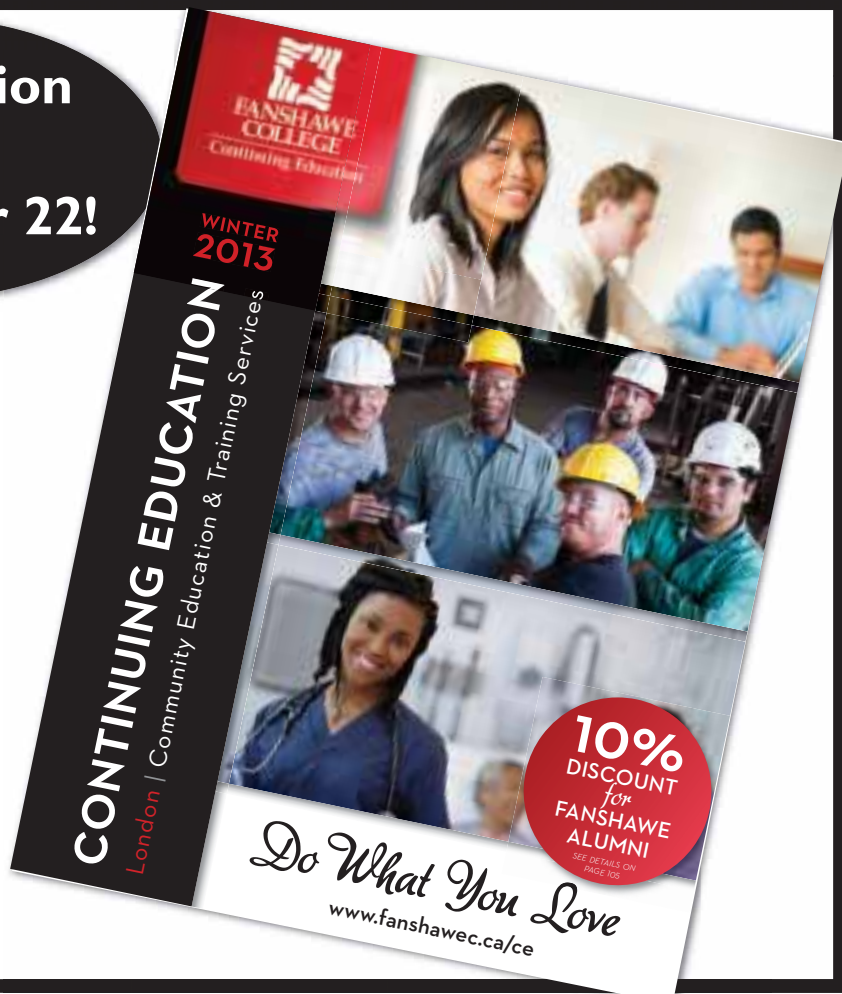
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BLYTH ACADEMY PHOTO

REWARDING TIMES AT BLYTH ACADEMY

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The time students spend at Blyth is rewarding, both intellectually and emotionally.

When asked, students consistently cite the academic and personal support pro-

vided by staff as the aspect of Blyth they like best.

It is the school's small class sizes that make it so easy for teachers and students to interact. Blyth Academy's teachers instruct, on average, 15 to 25 students per day, over two or three classes. They are evaluated regularly, from both the student's and parent's perspective, to ensure Blyth's academic standards are maintained. They are there for students when needed, both during and after class.

Students also benefit from substantial support and guidance as they make their

plans for post-secondary education. Plus, Blyth's academic year is divided into four terms of 10-and-a-half weeks, readying students for the shorter semesters and more focused learning models found at most universities. As a result of this preparation, 95 per cent of graduates receive enrolment offers from their first choice of university.

"Blyth Academy will provide an excellent alternative for Londoners wanting a first-class education for their children" says Sam Blyth, chair, Blyth Academy. To find out if that alternative is right for your child, visit blytheducation.com.

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Everest College's programs are designed to get you in, out and on with your life. In fact, many of the programs can be com-

pleted in nine months, which means you could be working in your new career in less than a year.

Programs offered at the London campus (programs vary by campus) include: accounting and payroll administrator; addictions and community services worker; business administration; computer business applications specialist; computerized accounting; health, fitness and nutrition consultant; intra-oral level II dental assistant; legal administrative assistant; medical laboratory assistant/technician; medical

office administrator; network administrator; office assistant; and personal support worker

With so many programs available Everest College understands choosing one might be overwhelming. An Everest admissions representative can work with you to determine what you are good at and what you enjoy doing.

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Not all of us can be artists, but we can all live artistic lives. Mashup Kids can be your child's first step toward a lifetime of creative expression.

"Mashup Kids is providing a new home in London for arts programming and community building," says Amy Wright, co-founder, and casting director, and choreographer. "Our classes are built around exploring individual creativity and new ideas."

Mashup Kids classes are not about competition. It doesn't matter if your child has a prior artistic background, or whether he or she is outgoing or shy. Everyone is welcome.

"We never have more than 10 students in a class," says Jocelyn Rasmussen, Mashup Kids co-founder, as well as a composer, vocalist, and teacher. "Our goal is to solve problems through art — to play with ways



MASHUP KIDS PHOTO

that the arts can interact with one another, and express every facet of our lives."

Classes take place on weekends and after school during the week. Each focuses on a specific art form, such as music, drama, or the visual arts. Mashup Kids students have access to professional-level equipment and supplies, and are guided by accomplished arts industry professionals.

Mashup Kids currently provides classes for children between grades 1 and 12. It also offers PD day camps, a March break camp, and summer camps, all of which integrate the various art forms Mashup Kids offers in dynamic, multimedia projects.

Mashup Kids' winter term begins the week of Nov. 26. To inquire about enrolment, visit mashupkids.com, or phone 519-601-MASH (6274).

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The 11-month medical administration diploma program provides you another route to career success. According to Ontario Job Futures, "Career opportunities will arise from the high turnover rate and positions that will become available as medical administrators retire. This generates a significant number of job opportunities."

High-demand fields like these ones offer you both steady employment and long-term job security. And with the backing of Westervelt's premier facilities, positive academic environment, and dedicated



WESTERVELT COLLEGE PHOTO

instructors — all of whom bring real-world experience into the classroom — you will enter the workforce ready to succeed. Both programs include mandatory internships, facilitated by the college, to provide you with practical job experience.

"In the past two years we've hired over 15 Westervelt students," says Michelle Vermeeren, general manager of Village of Glendale Crossings, a long-term care facility. "They come through our doors eager to learn, and we find they are consistently professional, and passionate about caring for seniors."

Westervelt College's new semester starts Nov. 26. To learn more about Westervelt's programs, visit Westerveltcollege.com, or phone 226-289-2231.

Join in the fun at Mashup Kids!



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A financial planner can be a broke girl's best friend. ISTOCK IMAGES

Why we fail financially

Alison's money rule.
New survey shows how we really feel about our spending and saving



YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you?

Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta

angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack

of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example.

But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide your financial problems in a closet.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



The Joneses' don't have two nickels to rub together, so why keep up?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of *Wealthy Barber*, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of *Keeping Up With The Joneses*.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer



What price will Canadians pay to keep up with their spending?
ISTOCK IMAGES

pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately \$0.70 of every \$1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit

cards at an average rate of 19.5 per cent and the average Canadian household owes \$40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a \$500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and

2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter
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Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Lockout on minds of 2012 inductees

Hall of fame. 'I think it's devastating,' says former Leaf Sundin as new class enshrined in Toronto

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another labour dispute, Sakic reflected on the year that never was on the day he took his

By the numbers

2

Of the four former NHLers inducted on Monday, Joe Sakic was the only one to win a Stanley Cup. Sakic won two with the Colorado Avalanche (1995-96, 2000-01).

Quoted

"I think it's the biggest achievement you can get in hockey ... for me it's a huge honour. It feels great."

Hockey Hall of Fame inductee Pavel Bure

place among hockey's greats.

"I lost a year of hockey," Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup and can't help but wonder what could have been had the 2004-05 season been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," said Sundin. "I think it's devastating."

The current lockout made Hall of Fame ceremonies a more subdued affair than

usual. The four inductees were to have been honoured at Air Canada Centre prior to a Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

Sundin is back living in his native Sweden now, but the impact of another work stoppage hasn't gone unnoticed.

"I think it's huge," he said. "It's the biggest representative of the game of hockey in the world. When the NHL is not going, people lose focus on hockey."

Added Sakic: "It hurts the players, it hurts the owners, it hurts the fans and it hurts the game."

The two men at the centre of collective bargaining nego-

Statistics

2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

tations, commissioner Gary Bettman and NHLPA executive director Donald Fehr, were both expected to attend Monday night's ceremony. They were anxious to try and keep a low profile.

All four members of this year's Hall of Fame class were affected by a labour disruption during their careers — Bure was playing for the Vancouver Canucks during the lockout-shortened 1994-95 season — and it's reasonable to expect that trend will continue for some time after four work stoppages in the last 20 years. **THE CANADIAN PRESS**

Cycling

Armstrong cuts ties with charity

Lance Armstrong has cut formal ties with his cancer-fighting charity to avoid further damage brought by doping charges and being stripped of his seven Tour de France titles.

Armstrong resigned from the board of directors for Livestrong on Nov. 4. He had resigned Oct. 17 as chairman from the charity he founded but had kept a seat on the board.

The U.S. Anti-Doping Agency ordered Armstrong banned from the sport for life and stripped of his titles.

Livestrong spokesperson Katherine McLane said Monday that Armstrong "remains the inspiration" and is still its largest donor with nearly \$7 million US pledged. **THE ASSOCIATED PRESS**

NBA

Lakers pull U-turn to hire D'Antoni

Just when everybody thought the Los Angeles Lakers were getting back together with Phil Jackson, they switched course in the middle of the night and went with Mike D'Antoni.

The Lakers reacted with ample excitement and a little bewilderment Monday to their front office's surprising decision to hire D'Antoni as Mike Brown's replacement over Jackson.

THE ASSOCIATED PRESS



New Lakers coach Mike D'Antoni
GETTY IMAGES

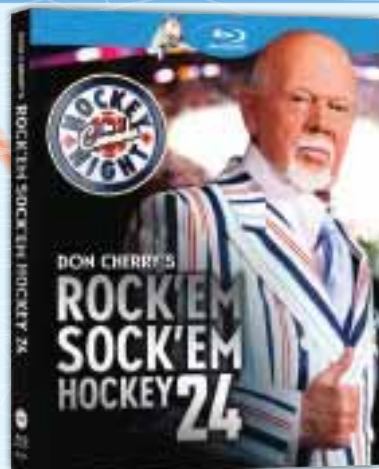
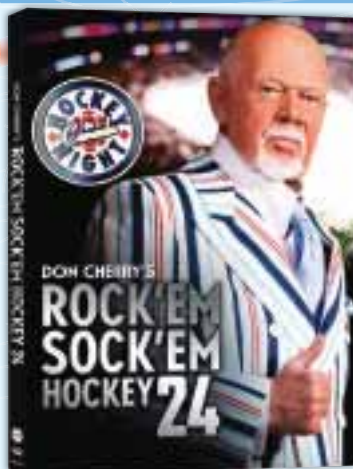
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Horoscopes

Aries

March 21 - April 20

This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

Taurus

April 21 - May 21

If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

Gemini

May 22 - June 21

A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

Cancer

June 22 - July 23

The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

Leo

July 24 - Aug. 23

Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

Virgo

Aug. 24 - Sept. 23

Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

Libra

Sept. 24 - Oct. 23

Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

Scorpio

Oct. 24 - Nov. 22

Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

Sagittarius

Nov. 23 - Dec. 21

You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

Capricorn

Dec. 22 - Jan. 20

Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

Aquarius

Jan. 21 - Feb. 19

You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

Pisces

Feb. 20 - March 20

What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. **SALLY BROMPTON**

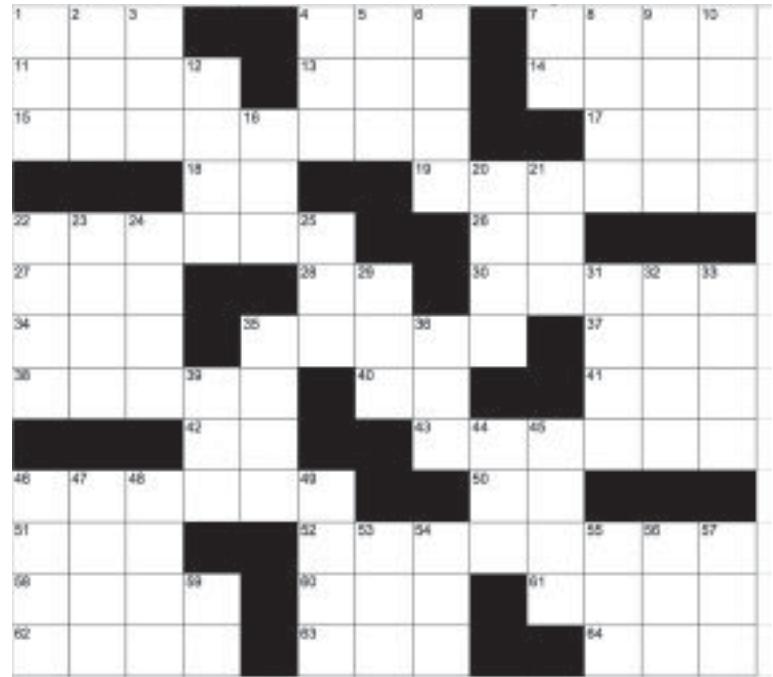
Canadian Crossword

Across

1. House site
4. Pub
7. Proofreaders word
11. Type of code
13. — Life to Live
14. Practice
15. Party favours
17. Participated in a marathon
18. Exclamation of pain
19. Stenographer, of old
22. Grieve
26. Shoe width
27. Bargain basement abbr.
28. Hospital waiting rm.
30. Slip-up
34. Personal info.
35. Annoyed (2 words)
37. Meadow
38. Reeds
40. — the World Turns
41. Type measures
42. Battery size
43. Left to the heir, often
46. Probes
50. My — Called Life
51. Web ending
52. Salve
58. Laze
60. "Rain —"
61. Baseball stat.
62. Day after Mon.
63. Compass bearing
64. Born

Down

1. Found on CSI: Miami
2. Openings (anat.)
3. — Aviv
4. Casper greeting
5. Columnist Landers
6. Take a breather
7. Jr.'s dad

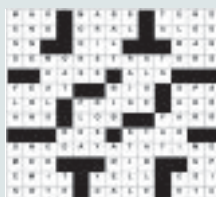


8. — & Dean: Inn Love
9. Airport info.
10. Camping equip.
12. Salve plant
16. Possess
20. Puppy sound
21. Small pod veggie
22. Teases
23. A great lake
24. Gentle push
25. Golf gadget

29. MacGyver star (init.)
31. Appeal
32. Transmitted
33. Luxury
35. Tremendous victory
36. Utilize
39. Corner —
44. Now grounded fast flyer
45. Heavy volume
46. Give in your notice
47. Language of Pakistan

48. Fashion magazine
49. " — Like it Hot"
53. McShane or Ziering
54. Wind direction (abbr.)
55. Sea eagle
56. Negative vote
57. Toronto Stock Exchange (abbr.)
59. 19th letter of the alphabet

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	5	6	9	3	1	7	2
6	7	2	8	5	1	3	4	9
3	9	1	7	4	2	8	6	5
5	1	7	4	3	8	2	9	6
2	3	9	5	1	6	4	8	7
8	4	6	2	7	9	5	1	3
9	6	8	1	2	5	7	3	4
1	2	4	3	6	7	9	5	8
7	5	3	9	8	4	6	2	1

7		2	6				1	
			3	8		9		
5					9			
1							9	3
3		8				2		6
4	2							1
			1					9
		1		5	4			
5					7	1		2

Today

2°/-5°
Variable

Wednesday

3°/-1°
Partly cloudy

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